



### SLSA Coach Connect Workshop this Thursday (24<sup>th</sup> March) evening at 7pm

The workshop will be delivered by Sport Integrity Australia and cover the very topical and important topic of **Supplementation in Sport – What you need to know.**

We all know that supplementation is a topical and very prevalent area within all aspects of sport, not just in the high performance space. Supplementation is predominantly an unregulated industry which provides the consumer with little confidence in relation to possible contamination. Further, supplementation companies are now directly approaching athletes for endorsements and sponsorships which can directly impact their personal brand.

The workshop goal is to guide coaches, athletes and members into making good natural nutritional choices by providing education on the anti-doping or health related risks that may be associated with using supplements or promoting supplementation brands.

Brands more than ever are reaching out to athletes directly seeking endorsement of their products through various social channels. Our athletes need to be aware of who and what they are endorsing and possible personal branding risks they face should the product be deemed 'unclean'.

Learn how to make an informed decision.

#### HOW TO ACCESS THE WORKSHOP LINK – 4 really easy steps

The link to the workshop is located under the Workshop Promo on the front page of Coach Connect. To access Coach Connect, follow these steps;

1. Log on to your [members portal](#)
2. Click 'Sports Hub' located on the right hand side of the top banner
3. Click on the workshop promo (*red and blue box, see below*)



4. The link is in Gold at the bottom of the page and can be opened 5 minutes prior to the commencement of the workshop.

We look forward to sharing this information with you. Coach Connect has been set up to support and provide ongoing learning opportunities for Surf Life Saving Coaches.